

River Banks

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English 12

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Gradual Vision Loss Does Not Have to Happen

Thesis: Although macular degeneration usually does not cause total vision loss, this gradual disease which typically affects those aged sixty-five and older can cause gradual loss of central vision, but proper eye care in a person's younger years can help prevent this incurable disease from occurring.

I. Background

A. Definition

1. Primary cause of vision loss in people over 60
2. Significant loss of vision in central area

B. Types

1. Dry

- a) Most common
- b) Yellow deposits
- c) Gradual development
- d) Chronic eye disease
- e) Blurry vision

2. Wet

- a) Growth of abnormal blood vessels

- b) Permanent loss of vision

C. Risk factors

1. Controllable

- a) Diet
- b) Exercise
- c) Smoking

2. Uncontrollable

- a) Age
- b) Race
- c) Family history
- d) Cardiovascular diseases

D. Preventatives

1. Eye exams

2. Habits

- a) Healthy diet
- b) Daily exercise
- c) Not smoking

II. Symptoms

A. Dry

- 1. No symptoms
- 2. Distorted lines
- 3. Blurry areas

4. Diminished perception

B. Wet

1. Appear suddenly
2. Worsen quickly
3. Visual distortion

III. Diagnosis

A. Regular eye exam

1. Younger than 40
2. Older than 40

B. Amsler Grid

1. Named for Marc Amsler
2. Tests for defects in center of vision
3. Use at home

C. Fluorescein angiogram

1. Uses dye
2. Highlights blood vessels
3. Identifies leaks

D. Optical coherence tomography

1. Noninvasive test
2. Retinal abnormalities

IV. Treatment

A. Medications

1. Injected into eye
2. Block development of new blood vessels

B. Laser

1. Destroys actively growing abnormal blood vessels
2. Burns areas of the retina

C. Photodynamic therapy

1. Injects medicine into vein
2. Travels to eye
3. Shines light on vessels
4. Activates medication in vessels
5. Stops leakage in vessels